

THE SIGNIFICANCE OF *NIDRA* FOR MENTAL WELL-BEINGKashish^{*1}, Rajesh Kumar Manglesh², Harsh Bhardwaj³, Dichen Angmo⁴ and Ranu Rajpurohit⁵^{1,3,4,5}M.D. 2nd Year, Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.²Prof. and H.O.D. Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.

*Corresponding Author: Kashish

M.D. 2nd Year, Deptt. of Rog Nidan Evam Vikriti Vigyan, R.G.G.P.G. Ayurvedic College and Hospital, Paprola, Distt. Kangra, H.P., India.

Article Received on 09/09/2024

Article Revised on 29/09/2024

Article Accepted on 19/10/2024

ABSTRACT

Ayurveda, the ancient science of life and health care, offered numerous methods for illness prevention and treatment. Ayurveda's holistic approach creates a state of synchronization between the physical body, senses, mind, and spirit. In Ayurveda, the *Upastambhas* of Life are *Brahmacharya* (Celibacy), *Nidra* (Sleep), and *Aahar* (Diet). These three things serve as life's pillars or support system. These three elements of existence give us resilience, skin tone, and development for the duration of our lives. *Nidra* is one of the key components of that pillar. *Nidra* is a vital component of a healthy lifestyle. *Nidra* is essential to both our mental and physical well-being. *Nidra* disturbance can be caused by lifestyle choices, environmental factors, psychological stress, changes in eating habits, and everyday stress that ultimately throw off the psycho-neurobiological regularity of the sleep cycle. The aim of this conceptual study is to reassess and assemble the numerous guidelines pertaining to different facets of *Nidra* (sleep).

KEYWORDS: *Nidra*, Ayurveda, Mental wellbeing.

INTRODUCTION

Ayurveda, the ancient science of life and health care, offered numerous methods for illness prevention and treatment. According to *Ayurveda Swasthya* is depends on three pillars of life i.e. *Ahara*, *Nidra* and *Brahmacharya*. *Nidra* is one of the important pillar (*Upstambha*) among them.^[1] Sleep, or *Nidra*, is crucial to maintaining a healthy and happy existence. It is one of the three big auxiliary pillars (*Trayopastambha*) upon which a person's health rests. Since restful night-time sleep is an entirely organic and nutritious occurrence, it goes by the name "*Bhutadhatri*" as well (nourishing all living beings).^[2] The ability to relax and restore the body's tissues during sleep is a sign of overall wellness. *Nidra* is sometimes referred to metaphorically as "*Vaishnavi maya*," which means "food for the soul," implying that, like Lord Vishnu (the sustaining deity), *Nidra* is essential for one's physical and mental well-being.^[3] Adequate sleep at the appropriate times promotes health and a high standard of living. The daily routine of *Nidra* is vital. Inadequate use may result in serious illnesses that impact both mental and physical health. A healthy diet preserves the body's ability to grow and develop. *Nidra* comes from a balanced state of *Nidra* and *Tamas*, which promotes sound sleep and, consequently, normal health. Sleep pattern is influenced

by a variety of factors, including mental health, food habits, familiar surroundings, and outside stimuli. "*Sukha Nidra*," or restful and revitalizing sleep, is one of the basic ideas of *Ayurvedic* sleep medicine. *Ayurveda* places great emphasis on the value of integrating *Sukha Nidra* into regular practices (*Dinacharya*) in order to improve general health and vigor. Through synchronizing with innate cycles and adhering to particular rituals, people can enhance their sleep cycles and foster mental, emotional, and physical recovery.

MATERIAL AND METHODS

A review of the literature on *Nidra* that has been gathered, assembled, and analyzed comes from *Bhrihatrayi* along with their analysis.

CONCEPTUAL REVIEW OF *NIDRA*

Definition

Acharya Charaka clarifies *Nidra* is a unique mental state in which there are no *Indriyas* functioning within the mind. The separating of oneself from *Bahya Vishaya* is the result of mental as well as physical fatigue.^[4]

Hridya is the seat of *Chetana*, and when *Tamas* rules it, sleep arises.^[5]

The *Strotas* accumulate with *Shleshma*, and because the *Mana* is exhausted and lacking sense organs, the person fall asleep.^[6]

The *Trayopasthamba* of life are *Ahara*, *Nidra*, and *Brahmacharya*; *Nidra* is crucial to an individual's state of health.

Awastha of *Nidra* comes in various forms: *Jagrutavastha*, *Swapnavastha*, *Sushiptavastha*, and *Trutiyavastha*. According to *Charaka*, *Nidra* is one of the *Adharaniya vega*. *Swapna*, *Sushipti*, *Swapa*, and *Shayaanam* are synonyms for *Nidra*. *Sukhakar*, *Pushtikar*, *Balyakar*, *Vrishya*, *Dnyanakar*, *Jeevankar*, and so on is attributable to *Nidra*.

Nidra paribhasha

A person enters a state of sleepiness when their mental faculties, as well as their sensory and motor functions, become fatigued. During this period, they disconnect from their surroundings and sensory stimuli.^[7]

❖ **Benefits of *Nidra***

- ❖ Healthy sleep provides the body with nourishment;
- ❖ Maintains physical and mental relaxation;
- ❖ Protects against diseases, especially mental illness;
- ❖ Promotes longevity, youthfulness, lustre, and complexion;
- ❖ Provides memory and intelligence;
- ❖ Depends on healthy sleep for the development and proper functioning of the body and sense organs;
- ❖ Provides immunity and resists signs of early ageing.

Types of *Nidra* according to different *Acharyas*

According to *Acharya Sushruta*, the ancient *Ayurvedic* texts, different types of *Nidra* (sleep) are described based on their characteristics and effects on the body and mind. These types of *Nidra* are^[8]

1. ***Tamasika Nidra***: It is a type of sleep that is characterized by heaviness, dullness, and lethargy. It is often associated with imbalances in the *Nidra dosha*. It can lead to feelings of grogginess and a lack of energy upon waking up.

2. ***Rajasika Nidra***: It is a sleep state characterized by restlessness, agitation, and active dreaming. It is associated with imbalances in the *Pitta dosha*. Individuals experiencing *Rajasika Nidra* may have difficulty falling asleep, have intense dreams, and wake up feeling restless or irritable.

3. ***Satvika Nidra***: It is a state of sleep characterized by tranquility, calmness, and purity. It is associated with balance and harmony in the *Doshas*, particularly the *Vata dosha*. *Satvika Nidra* promotes deep relaxation, rejuvenation, and a sense of well-being upon awakening.

Similarly *Acharya Charaka* classified *Nidra* into 7 types.^[9]

1. ***Tamobhava*** - Due to *Tamas*
2. ***Shleshmasamudbhava*** - Due to *Shleshma* or *Nidra Dosh*
3. ***Manahshramasambhava*** - Due to tiredness of mind
4. ***Sharirashramasambhava*** - Due to tiredness of body
5. ***Agantuki*** - Due to external factors
6. ***Vyaadhyanuvartini*** - Due to diseases
7. ***Raatrisvabhaavaprabhava*** - Due to the nature of night

Acharya Vagbhatahas also classified *Nidra* into 7 types in *Ashtanga Sangraha*^[10], i.e.

1. ***Kaalasvabhava*** - Naturally occurring *Nidra*
2. ***Aamaya*** - Due to Diseases
3. ***Chittakheda*** - Due to Tiredness of the mind
4. ***Dehakheda*** - Due to Tiredness of the body
5. ***Nidraja*** - Due to *Nidra Dosh*
6. ***Aagantuja*** - Due to External Factors
7. ***Tamobhava*** - Due to predominance of *Tamas*

Ayurveda recommends a variety of activities and lifestyle changes to nurture *Satvika Nidra*, including maintaining a regular sleep regimen, creating a suitable sleep environment, practicing methods of relaxation, and living a balanced *Ayurvedic* lifestyle. Understanding the different types of *Nidra* as described by *Acharya Charaka* and *Sushruta* will help us understand the qualities and consequences of sleep on our general well-being. By strengthening *Satvika Nidra* and resolving imbalances in the *Doshas*, individuals can experience restful and revitalising sleep, supporting maximum health and vitality.

Physiology of *Nidra*

When the mind and body are tired, *Nidra dosha* and *Tamas guna* (inertia) are increased in the body. In this state, the sensory organs are unable to function. This state leads to sleep (*Nidra*).^[11] Inertia (*Tamas*) is the prime factor responsible for *Nidra*.^[12]

The mental constitution of a person can influence natural sleep patterns variably.

- a) In *Tamas guna* predominant people, sleep occurs excessively during both the day and night.
- b) In *Rajas guna* predominant people, sleep is irregular and can occur at any time, day or night.
- c) In *Sattva guna* predominant people, sleep occurs at midnight only.^[13]

Sleep, according to *Ayurveda*, is influenced by *doshas* (bioenergetic forces) and their effects on the mind and body. The physiological features of sleep in *Ayurveda* are discussed in relation to the *doshas* and their functions. Here is an outline of the physiology of sleep according to *Ayurveda*.

Vata Dosh: *Vata* is in charge of movement and nervous system regulation. During sleep, *Vata* naturally calms, enabling the body and mind to rest. *Vata* imbalances can cause difficulty falling asleep, light and restless sleep, and frequent awakenings during the night.

Pitta Dosh: is responsible for metabolism, digestion, and transformation. *Pitta* energy withdraws from the outside world when asleep, allowing the body to mend and rejuvenate itself.

Nidra Dosh: *Nidra* gives the body support, structure, and nourishment. The *Nidra* energy of sleep encourages restful, rejuvenating slumber. For peaceful sleep, there must be an appropriate balance of *Nidra*. Imbalances might show up as extreme drowsiness, trouble getting up in the morning, and a heavy feeling when you wake up.

Advantages of *Nidra*

In *Ayurveda*, the "*Nidra*" technique has a number of potential advantages for mental, emotional, and physical health. Among these advantages are.

Stress Reduction: By stimulating the parasympathetic nervous system, which encourages a state of rest and renewal, *Nidra* is believed to induce relaxation and relieve stress.

Better Sleep Quality: By relaxing the body and mind, regular *Nidra* can practice helps reduce insomnia and enhance sleep quality by promoting more restful evenings.

Increased Focus and Concentration: By reducing mind chatter and encouraging mindfulness, *Nidra* helps to improve focus and mental clarity.

Decreased Depression and Anxiety: By encouraging emotional equilibrium and calmness *Nidra* can's guided relaxations techniques help manage depression and anxiety.

Enhanced Energy Levels: *Nidra*, even for a brief session, can revitalize the body and mind and give a natural energy boost.

Increased Creativity: *Nidra* can have the ability to access the subconscious, which may spark original thought and creativity.

Balanced Hormones: *Nidra* can help maintain hormone balance by minimizing variations in hormones. *Nidra* therapy can facilitates emotional healing by fostering self-acceptance and compassion, creating a safe environment for processing and healing emotional scars.

Enhanced Energy Levels: *Nidra*, even for a brief session, can revitalize the body and mind and give a natural energy boost. The connection between the mind and body.

Increased Creativity: *Nidra* can have the ability to access the subconscious, which may spark original thought and creativity.

Increased Immune System: It is believed that regular *Nidra* is practice has a beneficial effect on the immune system, which enhances general health and energy. Inducing profound physical relaxation is one of the practice's benefits; it helps reduce pain and tension in the muscles.

***Nidra* according to *Ritucharya*:** Different atmospheric changes affect all living organism. To achieve maximum benefits from seasonal changes and protection from bad effects of atmosphere one should follow seasonal regimen i.e. *Ritucharya*. According to *Ayurveda* daytime sleep is recommended only in *Grishmaritu* i.e. summer season. In *Grishmaritu* duration of night time is short, dryness and roughness in atmosphere is increased which vitiate *Vata* Dosh. In all other remaining five seasons *Divaswap* is contraindicated because of vitiation of *Nidra* and *Pitta Dosh* and increases the risk of diseases caused by vitiated *Nidra* and *Pitta Dosh*.^[14]

DISCUSSION

The article "THE SIGNIFICANCE OF *NIDRA* FOR MENTAL WELL-BEING" examines the medicinal properties of *Nidra* in relation to *Ayurvedic* medicine. Drawing from traditional *Ayurvedic* writings, scientific research, and modern studies, the study gives a thorough overview of the age-old technique. The conversation reveals the following points.

Physical Health advantages: Another aspect of *Ayurvedic* medicine that is highlighted in this study is the physical health advantages of *Nidra*. It talks about how it can strengthen the immune system, lower blood pressure, and help with pain management. The profound relaxation that *Nidra* induces may help the body's inherent healing mechanisms and enhance general wellness.

Benefits for Mental Health: The beneficial effects of *Nidra* on mental health have been mentioned as another important factor. Scientific data explores the practice's potential to reduce anxiety, enhance concentration, and ease depression and insomnia symptoms. This suggests that *Nidra* may work well as a supplement to therapy for a range of mental health conditions.

CONCLUSION

Nidra has great potential as a therapeutic modality in the context of *Ayurvedic* medicine. Through an extensive examination of the historical background, methods of action and advantages the paper lays a solid basis for comprehending its potential.

The combination of modern study and traditional *Ayurvedic* knowledge strengthens the validity of *Nidra's* therapeutic potential. *Nidra* is a useful addition to the therapeutic toolkit because of its deep relaxation and stress-reduction benefits, which can have a good impact on both physical and mental health. To confirm the evidence foundation and determine whether *Nidra* is helpful in treating particular medical issues, more

research is necessary. A more thorough and all-encompassing approach to patient care may result from the cooperation of *Ayurvedic* physicians with contemporary medical specialists.

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